

**Christ Church Cathedral  
Newcastle**



**Quiet Morning Programme 2012**

**Saturdays 10.00am - 1.00pm**

## St Michael Chapel

25 February	Gerard Manley Hopkins
31 March	Lenten Quiet Morning: <i>Suffering with Christ</i>
21 April	Behold
19 May	Spirituality of Community
30 June	Spirituality of Mary McKillop
28 July	Crisis
25 August	Exploring the Carmelite Tradition
22 September	The uncluttered heart
20 October	The things that make for peace
24 November	Advent Quiet Morning: <i>Attentiveness</i>

## **The Angelus: The Memorial of the Incarnation**

The Angel of the Lord brought tidings to Mary:  
**and she conceived of the Holy Spirit.**

Hail Mary, full of grace, the Lord is with you; blessed are you among women and blessed is the fruit of your womb, Jesus.  
**Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.**

Behold the handmaid of the Lord:  
**be it done unto me according to Thy word.**

Hail Mary . . .

And the Word was made Flesh:  
**and dwelt among us.**

Hail Mary . . .

Pray for us, O Holy Mother of God:  
**that we may be made worthy of the promises of Christ.**

Let us pray:

We beseech you, O Lord, pour your grace into our hearts; that as we have known the incarnation of your Son Jesus Christ, by the message of an angel, so by His Cross and Passion we may be brought to the glory of His Resurrection, through the same Christ Our Lord. **Amen.**

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*'Hail, full of grace, the Lord is with you'* (Luke 1.28)

*'Blessed are you among women, and blessed is the fruit of your womb'*  
(Luke 1.42)

Christ Church Cathedral is located in Church Street, Newcastle. Parking is available in the Cathedral grounds, or in the surrounding streets (no charge on Saturday). The nearest rail station is Newcastle, exit from the station into Watt Street and walk South uphill to Church Street. Turn Right at the Police Station and continue uphill to the Cathedral, no 52a Church Street. The 201 bus service stops outside the Cathedral building. This service is free within the city centre.

The Cathedral Quiet Morning programme has been running since 2009 and enters its fourth year in 2011. Meetings are now held monthly and are based on a theme, with reflections on passages from the Bible and, sometimes, on passages drawn from other spiritual writings. Led by the Dean, the Very Reverend Dr James Rigney, they provide a space of quiet and a time for reflection within our busy and often stressful lives: time out away from the pressure of the secular world.